Lions D holding strong

B.C. denies Toronto a touchdown in an 18-9 win PAGE 23

SIPPIN' PRETTY

ROWDY BUT NEVER RUDE, CANUCKS SHOW THEIR SPIRIT AT A CANADIAN PUB IN LONDON. FOR PHOTOGRAPHIC EVIDENCE, SEE THE GALLERY AT METRONEWS.CA STORY, PAGE 12

VANCOUVER metro®

Tuesday, August 7, 2012

News worth sharing.

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NO REFFING WAY

Canada captain Christine Sinclair celebrates after scoring her third goal against the United States during a semifinal women's soccer match at the 2012 London Summer Olympics on Monday. Unfortunately, Sinclair's hat trick was not enough to defeat the Americans, who tied the game in the 80th minute. The tying goal followed a controversial decision that saw the U.S. awarded a free kick after Canadian goaltender Erin McLeod was called for holding onto the ball too long. More Olympic coverage, pages 24 & 25. JON SUPER/THE ASSOCIATED PRESS

Aquarium beluga dies

Kavna. Cause of death yet to be determined for facility's oldest whale

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

The Vancouver Aquarium's oldest beluga whale has died.

Kavna, who was believed to be 46 years old, died Monday at around 3 p.m. after what aquarium staff called a "long and healthy life."

She was reportedly the oldest aquarium beluga whale in North America.

Staff said Kavna had been displaying "inconsistent behaviour" over the last few weeks.

Aquarium veterinarian Martin Haulena had been doing blood work and other tests to determine what was behind the changes in Kavna's behaviour. Veterinarian specialists were also brought in last week to provide additional consultation.

A full necropsy will be performed to determine the cause of death.

The aquarium said wild belugas are believed to live about 25 to 30 years, and Kavna was considered to be at the end of her life at 46.

She arrived at the aquarium in 1975.

A press conference with Haulena will be held Tuesday morning.

Last September, a three-year-old beluga named Tiqa died from heart failure induced by pneumonia.

Tiqa was the third beluga calf to die at the aquarium since 2005.

The aquarium has two surviving belugas, 25-year-old Aurora and her 17-year-old daughter, Qila.

Still on board

• Alexandre Despatie will continue his comeback from a diving accident when he competes in the three-metre springboard final. Watch him today at 10:55 a.m on CTV

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HONDA

Attempted murder. Arrest made after man set on fire: Police

A North Vancouver man is in a coma after his friend allegedly set him on fire.

The 56-year-old victim suffered severe burns to half his body. He remains in a drug-induced coma in the burn unit at Lions Gate Hospital.

Police arrested a 34-year-old North Vancouver man, who is facing charges of attempted murder. He remains in police custody and is set to appear in court Tuesday.

RCMP Cpl. Richard De Jong said two men began fighting after they had been drinking alcohol "all day" Saturday.

The heated argument got out of control when a man allegedly doused his drinking companion with camp fuel and then ignited him.

"We're not sure how long they were acquaintances, but probably not very close friends because close friends don't try to set each other on fire," De Jong said Monday.

At around 4 p.m., police attended the scene in the 700 block of Old Lillooet Road and found the victim.

Hospital staff "told us it's non-life-threatening, but, certainly, with burns to 50 per cent of your body, it's a long road to recovery," said De Jong.

PHYLICIA TORREVILLAS/METRO

Burn victim

50%

A 56-year-old man suffered severe burns to 50 per cent of his body after his friend allegedly set him on fire, say police

Prime Minister Stephen Harper tosses Sen. Gerry St. Germain's cowboy hat into the audience after presenting him a new hat at St. Germain's annual barbecue at his ranch in Surrey on Monday. CHELSEA ALTICE/FOR METRO

Harper tips his hat to retiring B.C. senator

Speech. Prime minister makes no comment on Northern Gateway pipeline in his 20-minute address

CHELSEA ALTICE
vancouver@metronews.ca

Prime Minister Stephen Harper joined B.C. Conservative members and around 1,000 people gathered at Sen. Gerry St. Germain's annual barbecue on Monday to bid farewell to the B.C. senator, who is stepping down in November after almost two decades in the upper chamber.

"Gerry was one of the first to play a big role in bringing us together," Harper praised St. Germain.

Harper, who refused to take questions, offered no comment on Enbridge's proposed Northern Gateway pipeline.

It was Harper's first trip to B.C. since Premier Christy Clark's Liberal government unveiled five demands that it wants met before it will support the pipeline.

Instead, he opened his 20-minute address with an attack on the NDP, particularly for the $8-billion contract that was announced in January with North Vancouver shipbuilding company Seaspan Marine.

"Never forget, friends, that the leader of the NDP criticized B.C. getting this contract," he said.

"But how did British Columbia get this? You earned it fair and square."

Harper said Canada's future outlook is positive despite the European debt crisis. He listed crime, health care and pension reforms as markers for success.

"Not every one of these measures is easy or as popular with everybody but they are all good for Canada," he said.

"Canada is not going to fall back the way so many other developed countries have."

1 NEWS

Mobile news

Age ain't nothin' but a number. So says William Bell, a 90-year-old U.S. athlete. Scan the code to watch him break the pole-vault world record for his age group.

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Talackova rides wave of gratitude

Pride parade.
Transgender beauty queen was one of the parade marshals and rode atop a BMW

Months after she took on the beauty-pageant establishment, transgender beauty queen Jenna Talackova helped lead Vancouver's annual gay-pride parade Sunday.

The seemingly at-times-bashful Talackova was one of the parade marshals and rode atop a silver-coloured BMW, waving a rainbow feather boa over her head.

It was a scorcher as the parade wound through Vancouver streets in near 30 C weather.

Talackova gained international attention for fighting for the right to compete in the Miss Universe Canada pageant after being kicked out because she was not born a woman.

Talackova has said she always felt like a woman and began taking hormone therapy at 14 years old, eventually having sexual-reassignment surgery at age 19.

She accused the pageant of discriminating against her and pageant owner Donald Trump allowed her to compete.

She finished in the top 12 in the pageant and now said she considers herself an advocate for equal rights.

Earlier this summer pride parade organizers said they chose her as a grand marshal because of her struggle for the rights of transgendered people.

Vancouver Canucks player Manny Malhotra also made good on his promise to be the first Vancouver Canuck ever to take part in the city's decades-old pride parade.

Malhotra was at the parade in association with the You Can Play project, an effort to bring acceptance of gay people into the world of athletics.

The Mississauga, Ont., native said he joined the effort because he believes people should not feel they cannot play sports based on their sexual orientation, religion or race. THE CANADIAN PRESS

Big party

600K

The city's annual parade draws around 600,000 people.

Parade grand marshal Jenna Talackova, the first transgender Miss Universe contestant, waves to the crowd during the Vancouver Pride Parade on Sunday. Organizers expected as many as 600,000 people to take in the parade, which is one of the largest in North America. DARRYL DYCK/THE CANADIAN PRESS

Special-needs woman found after 3-day search

A 21-year-old special-needs woman who went missing near a lake in the suburbs of Vancouver was found Sunday — almost exactly at the place where she went missing.

Joy Zhang disappeared near Sasamat Lake northeast of Vancouver Thursday after being separated from a group she was on a day excursion with, but after a clue from another special-needs woman who last saw her, Zhang was located not far from where she went missing.

"It appears as if she's not injured," said Coquitlam Search and Rescue Manager Dwight Yochim, who said the girl is in high spirits.

"She's thirsty, but she is talking up a storm and the team in the field that found her is absolutely ecstatic."

Police said Zhang has the mental capacity of a 10-year-old and people with her condition rarely answer back when search crews call for them by name. Rescuers calling out the girl's name along trails didn't work over the weekend.

However Zhang's friend, also a special needs patient, told searchers Sunday morning that she didn't walk long alone after the two separated.

That gave rescue crews the hint they needed and Joy was quickly found, Yochim said.

"We probably were within 200 metres of her several times in the last four days and she wasn't responding to our calls back, which is exactly what the statistics tell us."

The area around Sasamat Lake is made up of thick forest and steep inclines, but houses and neighbourhoods are nearby.

At its peak yesterday a group of more than 90 searchers made up of trained rescuers and about 60 civilian volunteers were scouring the forest in search of the woman. THE CANADIAN PRESS

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Antique Jewellery

Silverware

Below is a direct, real comparison of J&M's buying prices with those of a new Vancouver buyer claiming to be the highest buyer

Item/Description	They Pay	J&M Pays
10kt scrap gold, per gram	$15.71	$17.40
14kt scrap gold, per gram	$22.01	$24.44
1 oz. Recognized Gold Bar	$1,528.00	$1,603.56
1 oz. Gold Maple Leaf Coin	$1,560.00	$1,613.30
Sterling Silver, per Gram	$0.58	$0.64
Silver Canadian Coins from 1966 and earlier, per $1 face value	$13.25	$14.66

Prices in this ad based on gold @ U$1,578.74 and silver @ U$27.19 and a USD/CAD exchange rate of 1.01888 on July 11, 2012, the day this ad was created.

Silver Coins and Bars

1 oz. silver bar	$28.48
10 oz. silver bar	$287.87
100 oz. silver bar	$2,787.04
1 oz. silver Maple Leaf	$28.83

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Canada Collector Coins

1948 $1	$900.00 and up
1890H 50¢	$500.00 and up
1875H 25¢	$200.00 and up
1889 10¢	$350.00 and up
1921 5¢	$4,000.00 and up
1923 1¢	$14.00 and up

Silver Coins *Per $1.00 Face Value*

Canada 1968	$8.95
Canada 1967	$11.43
Canada 1966 and earlier	$14.66
USA 1964 and older	$20.60

Scrap Gold *Per gram*

10kt	$17.40
14kt	$24.44
18kt	$32.24

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Fake Chinese art flooding market: Expert

Buyers beware.
Asian art expert says that on a single day this year, a third of the pieces he saw were not genuine

When a woman in British Columbia replied to an ad boasting great deals on artwork in a Vancouver buy-and-sell publication, she was hoping to resell a painting by a renowned Chinese artist to help pay for medical treatment for her chronically ill son. She came out of it feeling like a fool, when an appraiser told her it was fake.

Lee told her story on the condition that only her last name be used. She's embarrassed, she said, because she bought the artwork for $3,000, only to end up with what a small-claims court concluded were goods worth just $250.

Hugh Bulmer, director of fine arts and antiques specializing in Asian art for the Vancouver auction house Maynards, says over the past four years he has seen a marked increase in people trying to pass off copies of Chinese art as originals in Vancouver.

"The market is full of it," he said. "And you can guarantee that if something sold for a million dollars in Hong Kong last week, it will be copied and will be on the streets of Vancouver this week."

Lee, a single mother, said she sold her house and most of her possessions to pay for her son's medical care. She said she was convinced of the art dealer's honesty and borrowed $3,000 to buy the painting and some other pieces — all of which turned out to be fakes.

In April, Lee won a suit against the vendor, named as Wan Lung Tsui in small-claims court documents. But he has yet to return the $3,000 for the pieces plus expenses for the court case.

THE CANADIAN PRESS

A woman who was the victim of a scam looks at a copy of the painting Five Spirited Horses by Zhou Huang. She thought she had purchased the original.
DARRYL DYCK/THE CANADIAN PRESS

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Crime. B.C. man to appeal conviction in New York sexual assault

A British Columbia man convicted of sexual assault has been sentenced to a quarter-century in a New York prison.

Greg Poirier was convicted of following a woman into her apartment building in 2008, pushing her into her home and sexually assaulting her.

On Monday, Poirier got the maximum sentence. He was already serving another five years for a similar, separate incident.

Poirier, 39, told a Manhattan judge on Monday that the sentence didn't matter to him because he plans to appeal. He pointed to his heritage and beliefs as a native Canadian and said he felt mistreated by the U.S. justice system.

Poirier was convicted last month of charges including sexually motivated burglary.

Defence lawyer Hershel Katz said Poirier was working as a truck driver in New York. THE ASSOCIATED PRESS

The way of the warrior

A competitor races through a muddy obstacle on Saturday during the Warrior Dash extreme running event at Mount Seymour. More than 5,000 people competed on the 5.32-kilometre course and faced 12 obstacles, from muddy trenches to fire pits, in what is billed by organizers as the world's largest running series.

DARRYL DYCK/THE CANADIAN PRESS

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Mars rover sends back first images

Touch down. NASA's seventh landing a success after 'seven minutes of terror'

The robotic explorer Curiosity's daring plunge through the pink skies of Mars was more than perfect. It landed with spectacular style, said a NASA scientist who described the first images of its gymnastics through the so-called "seven minutes of terror."

Hours after the U.S. space agency learned the rover had arrived on target late Sunday, engineers and scientists got the first glimpses of the intricate manoeuvres it made to hit the Martian soil safely.

"It's a spectacular image," said NASA research scientist Luther Beegle. The photo, taken from an orbiting Mars spacecraft, shows Curiosity dangling from its supersonic parachute as it descended.

The extraterrestrial feat injected a much-needed boost to NASA, which is debating whether it can afford another robotic Mars landing this decade. At a budget-busting $2.5 billion, Curiosity is the priciest gamble yet.

THE ASSOCIATED PRESS

One of the first images taken by NASA's Curiosity rover. NASA/GETTY IMAGES

Mission to Mars

Canada plays a role

NASA's Mars rover Curiosity will use a Canadian-made instrument the size of a soup can to gather information that will help Earthlings answer importation questions about our own planet, according to the Canadian Space Agency.

"The object of the mission is to see if Mars ever had, or still has, the conditions to support life," Canadian Space Agency director of space exploration projects Stéphane Desjardins said Monday.

Curiosity's Alpha Particle X-Ray Spectrometer, built in Ontario and attached to a robotic arm, will play a key role in collecting data, Desjardins said.

JESSICA SMITH/METRO IN OTTAWA

New Zealand

Volcano erupts, flights cancelled

A volcano erupted on New Zealand's North Island, Monday, spreading a layer of thick ash for several kilometres and causing some nearby residents to evacuate their homes. Some domestic flights were cancelled. The eruption lasted about 30 minutes and didn't cause any injuries or damage.

THE ASSOCIATED PRESS

Olympic distraction

Bottle-thrower not welcome

An Olympic spectator accused of hurling a plastic bottle onto the stadium track seconds before the men's 100-metre final pleaded not guilty Monday to creating a public nuisance.

A judge banned Ashley Gill-Webb, 34, from any Olympic venue and the entire Olympic Park for the duration of the Games.

THE ASSOCIATED PRESS

Quebec. Political party gives the boot to the Canadian beaver

Who could resist a cuddly cartoon Canadian beaver, purring as it rubs against your leg with a broad, buck-toothed smile creasing its face underneath a Mountie stetson?

The political party Quebec solidaire, that's who.

In fact, in an election ad designed to put to rest doubts about its support for Quebec independence, a stick figure gleefully boots the furry national rodent right off the screen.

The crudely drawn cartoon ad has been posted to the Internet and is one of five that the small left-wing party says is aimed at clearing up misconceptions about it.

The party has been under attack lately by opponents who accuse it of selling out the independence movement.

THE CANADIAN PRESS

Quoted

"The Quebec solidaire program is very clear on the fact that it's independentist."

Sound bite from new advertisement

A stick figure kicks a Stetson-wearing beaver in a scene from a promo spot on the Quebec solidaire website. THE CANADIAN PRESS/HANDOUT

‘This is serious,’ Japan’s nuke-plant chief says on video

Heavily edited. 150 hours of footage has workers’ faces obscured and beeps masking voices and other sounds

The command centre at Japan’s stricken nuclear plant shook violently when hydrogen exploded at one reactor, and the plant chief shouted, “This is serious! This is serious!” videos taken during last year’s crisis reveal.

Tokyo Electric Power Co. initially refused to release the footage, but the company is now under state control and was ordered to do so.

The videos, seen Monday, are mainly of teleconferences between company headquarters in Tokyo and staff at the Fukushima Dai-ichi nuclear plant after the March 11, 2011, tsunami critically damaged its reactors.

Fukushima Dai-ichi nuclear complex in northeastern Japan. TOKYO ELECTRIC POWER CO./THE ASSOCIATED PRESS FILE

In the videos, then-plant chief Masao Yoshida can be heard complaining about phone calls to the prime minister’s office not getting through and expressing frustration over interference from government nuclear-safety officials whose technical advice didn’t fit conditions at the stricken plant.

The footage reveals communication problems between the plant and the government as well as workers’ lack of knowledge of emergency procedures and delays in informing outsiders about the risks of leaking radiation.

Just after the Unit 3 explosion, plant officials and TEPCO executives discussed extensively whether to call it a hydrogen explosion. The videos also showed they failed to notify officials outside TEPCO and residents about the March 14 meltdown at another unit, No. 2, or even provide data crucial for evacuation.

TEPCO made a 90-minute video of selected clips available for download.

THE ASSOCIATED PRESS

A-bomb victims remembered

People burn incense and pray in front of a monument for atomic-bomb victims at Japan’s Hiroshima Peace Memorial Park on Monday in Hiroshima. Japan marked the 67th anniversary of the atomic bomb that was dropped on Hiroshima by the United States on Aug. 6, 1945. About 70,000 people were killed instantly, and in subsequent years many thousands more died from the effects of radiation.

BUDDHIKA WEERASINGHE/GETTY IMAGES

Extreme rivalry

Diplomat faces murder charge

Kenyan authorities on Monday charged Dwight Sagaray, the first secretary of Venezuela’s embassy, with the murder of Olga Fonseca, the acting ambassador to Kenya, who was found strangled the night between July 26 and 27, in what police believe was a killing motivated by a battle over embassy leadership. Also charged was Mohamed Ahmed Mohamed Hassan, Sagaray’s friend and an alleged co-conspirator, who has gone into hiding.

THE ASSOCIATED PRESS

Deportation drive

Greece targeting illegal immigrants

Authorities in Greece are rounding up thousands of suspected illegal immigrants in a large-scale deportation drive.

Police said Monday that 6,000 people were detained over the weekend in Athens. Officers were seen stopping mostly African and Asian people.

THE ASSOCIATED PRESS

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Mudslides, floods and storms wreak havoc across China

Lethal weather. Two typhoons contribute to litany of disasters, leaving scores trapped, uprooted or dead

In this photo released by China's Xinhua News Agency, mud covers the landscape after a mudslide in Tiejia village in Yunnan province, in the country's southwest. Rescue workers searched for more than 100 people trapped by the mudslide. YANG JIANYONG/XINHUA/THE ASSOCIATED PRESS

Heavy rains that ravaged China over the weekend left at least 14 people dead and five missing, while hundreds of others were trapped by mudslides and floods, state media said Monday.

The official Xinhua News Agency said five were killed and one was missing in central China's Hubei province, where rainstorms and mudslides destroyed 512 houses and forced more than 180,000 residents from their homes. The rain was triggered by Typhoon Saola.

In northeast China's Liaoning province, Typhoon Damrey killed nine people and left four missing, Xinhua said.

Flooding from heavy rain also trapped about 400 workers in a railway tunnel in the province, the state-run China Daily newspaper reported.

In southwest China, rescue workers searched Monday for more than 100 people trapped by a mudslide.

Xinhua said the mudslide engulfed a village in Yunnan province on Monday morning, initially trapping at least 200 people. It said firefighters rescued more than 80 people by noon.

Mudslides and flooding are common in China's mountainous areas, killing hundreds of people every year. Deforestation has caused soil erosion and made some parts of China prone to mudslides after strong rains.

THE ASSOCIATED PRESS

Nearly 2,000 detained

China cracks down on counterfeit drug trade

China's Ministry of Public Security says it has detained nearly 2,000 people in a nationwide crackdown on counterfeit drugs, including some to treat cancer.

It said in a statement on its website Sunday that it also seized about $180 million worth of fake medicine and false trademark logos.

The statement said the fake drugs were sold for the treatment of hypertension, diabetes, skin diseases and other "complicated illnesses," including cancer.

China has struggled in recent years to combat the production and sale of fake drugs. The director of China's food and drug agency was executed in 2007 for approving deadly fake medicine in exchange for cash.

The government has introduced more regulations in recent years to tighten safety in its drug and food industries.

THE ASSOCIATED PRESS

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Egypt suggests militants had Palestinian support

Israeli soldiers look at the wreckage of an Egyptian military vehicle Monday after militants burst it through a security fence into Israel from Egypt. TSAFRIR ABAYOV/THE ASSOCIATED PRESS

Egypt's military vowed on Monday to hunt down those behind the killing of its 16 soldiers at a checkpoint along the Sinai border with Israel. It called the attackers "enemies of the nation" and suggested they were Egyptian Sinai-based militants who received Palestinian support from the Gaza Strip.

The violence — which saw the attackers try to break through the border after killing the soldiers — could increase tensions with Israel, which has stepped up pressure on Egypt to clamp down on the lawless border region.

"The armed forces have been careful in the past months and during the events of the (2011 Egyptian) revolution (that ousted Hosni Mubarak) not to shed Egyptian blood ... but the group that staged yesterday's attack is considered by the armed forces as enemies of the nation who must be dealt with by force," said the military's statement.

The attack and the army's promised crackdown add to the host of political, economic and security crises that festered under Mubarak and that now face his successor, newly elected President Mohammed Morsi, whose powers are limited by the military.

Israel says its aircraft killed between six and eight militants. Egyptian officials have said six attackers were killed.

A statement by the Egyptian armed forces said 35 militants took part in the attack, suggesting that close to 30 attackers may be on the run.

Security and military officials said at least two helicopter gunships arrived in the border town of El-Arish on Monday to join the hunt for the militants believed responsible. Israel, meanwhile, stepped up pressure on Egypt to clamp down on the lawless border region.

Morsi, who has vowed to avenge the attack, was due to travel to the border region later on Monday.

THE ASSOCIATED PRESS

Checkpoint killing

- Sunday's attack is among the worst-ever against Egyptian soldiers. It could mark an escalation in the Sinai's decade-long low-level Islamist insurgency.

Gay couple hosts wedding bash in traditional Malaysia

Breaking boundaries. Couple risks the ire of a government that's declared homosexuality has no place in society

In this photo taken on Saturday, Malaysian-born Ngeo Boon Lin, left, and his American partner Phineas Newborn III pour champagne during their wedding banquet in Kuala Lumpur. COURTESY NGEO BOON LIN/THE ASSOCIATED PRESS

A gay pastor who married his musical-producer boyfriend in New York last year has fulfilled a vow to hold a wedding banquet in his native Malaysia in what they believe is the first such event in the Muslim-majority country.

Malaysian-born Ngeo Boon Lin and African-American husband Phineas Newborn III quietly held the closed reception Saturday — complete with public kisses and karaoke ballad performances — with about 200 guests, including a handful of Chinese-language journalists who were asked not to report on the event until afterward.

The couple risked the ire of a government that has banned a gay arts festival, prosecuted a politician for sodomy and declared that homosexuality has no place in Malaysian society.

"We're thankful to be able to make Malaysian history here," Newborn said.

Ngeo, an ethnic Chinese pastor who has lived mainly in the United States since 1998, attracted criticism from Malaysian officials and religious groups when he married Newborn, a Broadway musical producer, last August.

THE ASSOCIATED PRESS

Punks vs. Putin. 'Pussy Riot' rockers say judge is biased

Members of a feminist Russian punk band facing hooliganism charges for performing a "punk prayer" against Russia's President Vladimir Putin in Moscow's main cathedral are complaining that the judge isn't giving them a fair hearing.

The three women, who have been in custody for five months following their stunt, said Monday that the judge turned down most of their motions. The band members, who are facing a seven-year sentence if convicted, have previously complained that they've been deprived of sleep and food.

The Pussy Riot band performed their act in February as a protest against Putin's return to the presidency and the Russian Orthodox Church's support for him. Their case is part of a widening government crackdown on dissent that followed Putin's election and caused strong protests in Russia and abroad.

THE ASSOCIATED PRESS

Nadezhda Tolokonnikova, centre, a member of punk group Pussy Riot, is escorted from court in Moscow on Monday. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Mexico 'kiss-in'

Arrest for a kiss leads to protest

The arrest of a man after a woman objected to him kissing his female companion in public has prompted a "kiss-in" protest in a conservative Mexico city.

A spokesman for the city of Leon said Monday Manuel Berumen's 12-hour arrest and 850-peso ($65 fine) for "insulting police" and arguing with the woman who complained appear to have been unjustified. There is no law against public kissing in Leon, he added.

About a dozen couples gathered in the same spot Sunday for a public "kiss-in" to protest the arrest.

THE ASSOCIATED PRESS

'Reality TV' robbery

Punk'd out of $20

Police have charged two men with robbing two other men in Pennsylvania by claiming they were recording a video for a reality TV show called You Just Got Robbed. Police say the incident happened early Monday morning.

One of the men put the victims into headlocks while the other recorded the robbery — in which $20 was taken — on a cellphone. THE ASSOCIATED PRESS

From left, Josh Richardson, Chelsea Horncastle, Steve Mancell and Ethan Shea, all from British Columbia, play cards at the Maple Leaf pub in London, England. LAURA FORTEY/FOR METRO

Patrons at the Maple Leaf pub react as Victoria's Ryan Cochrane wins silver in the men's 1,500-metre freestyle on Saturday. LAURA FORTEY/FOR METRO

Red, white and brews at London's Maple Leaf pub

Waving the flag. Canada-themed bar in Olympic host city draws patriotic fans

LAURA FORTEY
For Metro Canada in London, England

Calgarian Mike Gusella, who said he took a detour in his around-the-world trip for the Olympics, with Metro's "pub correspondent" Laura Fortey. For more photos of the Maple Leaf pub, go to metronews.ca/olympics. METRO

London's only Canadian pub, the Maple Leaf, has been rowdy throughout the Games.

Canadian tourists and expats have been flocking to the Covent Garden bar to cheer our athletes, said general manager Luigi Palnieri.

"The pub is always busy, but these Games have really brought out the Canadian spirit," he said.

When Victoria swimmer Ryan Cochrane won silver in the 1,500-metre freestyle, pub-goers were on their feet cheering him on. One fan, Mark Featherstonhaugh, said he has been friends with Cochrane since elementary school.

"We came to London to watch him, but couldn't get tickets. We thought the second-best place to see him would be this Canadian bar."

Calgarian Mike Gusella said it was "imperative" that he make a detour in his six-month, around-the-world adventure to come to London for the Games, no matter the price.

"I went to the '88 Games in Calgary when I was 12 and I was hooked ever since," said Gusella, who was at the Maple Leaf on Saturday.

Decorated head to toe in red with a flag for a cape, Ken Ferguson from Stratford said he loves that he's in London with fellow Canucks, drinking Canadian beer and cheering on our Olympians.

"I love the Canadian perspective of this pub and the fact that it's not just here for the Olympics," said Ferguson.

Patrons said that anyone wearing red, or anything patriotic, served as a conversation starter." In between cheering during Olympic events, people seemed to reminisce about home and seemed content to share poutine and plates of nachos with strangers from the homeland.

The Maple Leaf pub in Covent Garden in London, England. LAURA FORTEY/FOR METRO

Moosehead, poutine & caesars

There's a familiar feeling to the Maple Leaf pub in London. The walls are cluttered with Canadian sports gear; Canadian flags hang from the ceiling; and menu items include poutine, Molson Canadian, Moosehead and a specialty wing night. It's usually busy on Canada Day and has become the place to cheer on Canadian Olympians.

Once owned by Molson, the Maple Leaf just celebrated its 30-year anniversary. General manager Luigi Palnieri said Canadians come for the food, beer and familiarity. It might be the only place in town to get a caesar.

How authentic is the fare?

"Although they try, the poutine isn't as good as it could be because cheese curds don't pass the food-safety laws in the U.K., so they have to use normal cheese," said Maple Leaf bartender Richard Hinton from Scarborough, Ont.

The Maple Leaf is popular with Brits as well.

"British people just love this pub and come here for the Canadian attitude," said Scott Palmer, a Calgarian-Londoner who wore a bear suit to the Canada-U.S. women's soccer game on Monday.

Although general manager Palnieri is not Canadian, he said he loves working at the Maple Leaf and never has trouble finding or keeping Canadian staff, who make up 90 per cent of the employees. "I love Canadians. They are always so friendly and smiling and they work hard."

LAURA FORTEY/FOR METRO

Taste of home

Expats crave Timmies coffee, KD

A few doors down from the Maple Leaf pub is a Canadian-food store that is popular with expats looking for a taste of home.

Kraft Dinner sells for $2.65 at the Canada Shop. LAURA FORTEY/FOR METRO

The shop started as an Australian-food shop and over the years added South African, New Zealand and Canadian items.

"Sometimes I go to the Canadian-food shop just to get Clamato juice to make caesars. It's the only place I can get it," said Sarah Weber, a Londoner originally from Orillia, Ont. Ty Flavell, business manager of the shop, said Canadians get really excited to see items from home, especially Tim Hortons coffee, Kraft Dinner and Lay's Dill Pickle chips. "Over the past week. Canadians have been rushing in here last-minute for Canadian flags to wave at the Games," said Flavell. The cost of home?

- Tim Horton's coffee (343 g): $17.55
- Lay's chips (40 g): £1.30 ($2)
- Cleary's Maple Syrup (250 mL): £8.15 ($12.70)
- Cans of Molson Canadian: one for $3; six for $16.40; 24 for $58.50.

LAURA FORTEY/FOR METRO

Canada Shop manager Ty Flavell with two best-selling items — Kraft Dinner and Tim Hortons coffee. LAURA FORTEY/FOR METRO

Shooting suspect was white supremacist: Rights group

Tragedy. Wade Michael Page shot dead by police after six were killed by gunfire at Sikh temple

The gunman who killed six people at a Sikh temple in the U.S. and was killed in a police shootout was a 40-year-old army veteran, officials said Monday, and a civil-rights group identified him as a "frustrated neo-Nazi" who led a white-supremacist band.

Police called Sunday's attack an act of domestic terrorism. The FBI said there was no reason to think anyone else was involved in the attack, and they were not aware of any past threat made against the temple.

The shooter was Wade Michael Page, said First Assistant U.S. Attorney Greg Haanstad in Milwaukee. Page was discharged from the army in 1998 and declared ineligible to re-enlist, according to a U.S. defence official who spoke on condition of anonymity because he was not authorized to release information about the suspect.

Officials and witnesses said the gunman walked into the Sikh Temple of Wisconsin and opened fire as several dozen people prepared for Sunday-morning services. Six were killed, and three were critically wounded.

The federal Bureau of Alcohol, Tobacco, Firearms and Explosives said the gunman used a legally purchased 9mm handgun and multiple magazines of ammunition. Local authorities said they had no contact with Page before Sunday.

THE ASSOCIATED PRESS

Quoted

"To see our community to go through something like this is numbing."

Gurpreet Kaur, 24

People console each other on Monday near the Sikh Temple of Wisconsin where the day before a gunman fired upon people at service in Oak Creek, Wis. **Inset: Wade Michael Page.** MAIN: DARREN HAUCK/GETTY IMAGES; INSET: FBI/THE ASSOCIATED PRESS

Syria. More signs regime 'crumbling' as PM defects

Syria's prime minister defected on Monday, evidence that the widening cracks in President Bashar's Assad's regime have reached the highest echelons of government.

Riad Hijab — who planned the break for months, according to an aide — is the highest-level political figure to switch sides and is certain to encourage rebels after a string of military and diplomatic figures abandoned the regime. A Jordanian official and a rebel spokesman said he fled to Jordan. A senior U.S. official said the defection is more evidence that the Assad regime "is crumbling."

THE ASSOCIATED PRESS

Quoted

"The prime minister defected from the regime of killing, maiming and terrorism. He considers himself a soldier in the revolution."

Mohammad Otari, Riad Hijab's spokesman.

CSIS weighs torture issues

A secret high-level committee at Canada's spy agency is tasked with deciding whether information received from abroad is tainted by torture, declassified records show.

Internal Canadian Security Intelligence Service memos reveal the key role that the recently formed Information Sharing Evaluation Committee plays in determining if the spy agency makes use of the suspect material.

The committee — whose existence was previously unknown outside the intelligence service — also helps CSIS decide whether to send information to foreign agencies in cases where it might lead to mistreatment.

Detailed instructions direct committee members to comb through databases, consult human rights reports and weigh the particular circumstances of each case to arrive at a decision.

Ultimately, CSIS director Dick Fadden makes the final call when the committee decides information is likely derived from torture, or if sending Canadian material to an allied agency could result in someone being abused.

The instructions issued by Michel Coulombe, CSIS deputy director of operations, put flesh on the bones of a July 2011 directive on information handling to the spy service from Public Safety Minister Vic Toews.

The government directive outlined conditions for deciding whether to share information when there is a "substantial risk" that doing so might result in someone in custody being abused.

It also said protection of life and property are the chief considerations when deciding on the use of information that may have been extracted through torture.

THE CANADIAN PRESS

Help torture thrive?

Opposition MPs and civil liberties advocates condemned the directive, saying it would help torture flourish in grim prison cells around the world.

- Amnesty International Canada said the policy was in direct contravention of Canada's international obligations to prevent brutalization of prisoners.

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Exotic-wood violation gives Gibson the blues

Settlement.
Guitar maker pays penalty to tune of over $600,000 US to avoid criminal prosecution

Gibson Guitar Corp. avoided a criminal prosecution after the instrument maker acknowledged its importations of exotic wood violated environmental laws.

Nashville-based Gibson agreed to pay a $300,000 US penalty, forfeit claims to about $262,000 worth of wood seized by federal agents and contribute $50,000 to the National Fish and Wildlife Foundation to promote the conservation of protected tree species.

Gibson didn't immediately respond to a request on Monday for comment. The privately held company is considered one of the top makers of acoustic and electric guitars, including the iconic Les Paul introduced in 1952.

Gibson Guitar CEO Henry Juszkiewicz. THE TENNESSEAN/THE ASSOCIATED PRESS

Gibson's decision to co-operate with the federal Lacey Act banning the import of endangered wood products stood in contrast to a publicity campaign mounted in protest after agents raided Gibson facilities in Memphis and Nashville. Republicans and tea party members had rallied behind CEO Henry Juszkiewicz at the time he denounced the raids as overzealous federal regulation that threatened American jobs.

He vowed at the time the company would "fight aggressively to prove our innocence."

The settlement says a Gibson employee learned during a 2008 trip to Madagascar — the source of some of the ebony wood that was seized — that it was illegal to import unfinished wood and sent a report about it to his superiors.

THE ASSOCIATED PRESS

Safety regulation

Don't drink and fly

Australia's air-safety regulator says Qantas Airways Ltd. has suspended a pilot for attempting to fly while under the influence of alcohol. The Civil Aviation Safety Authority said Monday the pilot exceeded the 0.02 per cent limit. THE ASSOCIATED PRESS

Electronics retailer

Best Buy going private?

Best Buy's founder Richard Schulze said Monday he wants to take the electronics retailer private by buying up all of its shares he doesn't already own.

THE ASSOCIATED PRESS

Helium shortage

Medical research up in the air

A dwindling supply of helium worldwide is putting more than the future of party balloons in jeopardy.

The precious, non-renewable gas has important applications related to manufacturing, scientific research and medical care — including cutting-edge research on respiratory illness at an Ontario laboratory. The Robarts Research Institute at the University of Western Ontario pays $795 per litre.

THE CANADIAN PRESS

A drought-damaged ear of corn in Westfield, Ind., Wednesday. MICHAEL CONROY/THE ASSOCIATED PRESS

Food prices could spike by 4% in 2013 due to U.S. drought: Economists

Food prices may grow by as much as four per cent next year, economists predict, as drought conditions in the U.S. are expected to inflate the cost of everything from pork to cereal.

Extreme drought conditions in several U.S. Midwest states are causing corn and soybean crops to wither, and analysts say the effects will ripple through the food chain.

Next four months

3.5%

RBC economist Paul Ferley predicts that food costs will go up by as much as 3.5 per cent in 2012.

Tim Hortons raised the price of certain baked goods and lunch items last week, citing higher operating costs and pricier ingredients.

The coffee-and-doughnut chain said the price of a muffin is five cents higher, while sandwiches have gone up by about 10 cents. The price of coffee has not changed.

And Maple Leaf Foods president and CEO Michael McCain warned last week that the food processor will have to jack up its prices.

Because Maple Leaf buys ingredients in advance, consumers likely won't see higher prices for its products until the end of this year, McCain said.

Analysts also noted last week that food producers from bakery giant George Weston to pop and juice maker Cott Corp. could face higher costs on their key ingredients like flour and sugar.

But they also said that grocery stores, facing an increasingly competitive market, may be hesitant to pass the costs onto consumers.

But they also said that grocery stores, facing an increasingly competitive market, may be hesitant to pass the costs onto consumers.

National grocery chains Loblaw, Metro, and Sobeys parent Empire Co. Ltd. have faced fierce competition, particularly in Ontario, from each other and retailers like Shoppers Drug Mart and Walmart who are increasing their food offerings.

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604-946-7100
Scottsdale Mall
604-590-9011
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Willowbrook Mall
604-532-9099
Fraser Crossing
Shopping Centre
604-532-0440
Thunderbird Centre
604-881-2050
MAPLE RIDGE
Valley Fair Mall
604-466-1675
Westgate Shopping Mall
604-460-2888
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604-247-2355
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LIVE FROM LONDON: KEEP CALM AND LINE UP

SHE SAYS...
Jessica Napier
metronews.ca/voices/she-says

This week I'm reporting live from London, England, at the 2012 Summer Olympics. No, not because some glamorous media organization paid for my airfare and hotel expenses in exchange for my witty sports commentary, but because my cousin decided to get married. In England. During the middle of the Olympics. Did I mention he's actually from America? You've got to love family.

Yes, I have the distinct pleasure of being an unintentional tourist in a city gripped by Olympic madness. As a less-than-enthusiastic sports fan — I'd prefer to watch an intense episode of Big Brother over an hour of long jump — it's rather ironic that I've found myself in the epicentre of the world's largest sporting event.

Medal-worthy travelling

"Having never travelled to an Olympic host city during the actual games (because why would you?), I thought this would be a remarkable new experience."

Having never travelled to an Olympic host city during the actual Games (because why would you?), I thought this would be a remarkable new experience. Sure, my plane tickets were twice as expensive, and all the hotels have been reserved for the Sultans of the International Olympic Committee and their assorted entourages, but how exciting to be in the heart of London where all the action is taking place.

I read in the Daily Mail that there are almost twice as many troops on the streets of London compared to the U.K.'s current deployment in Afghanistan. When I arrived, I expected the city to look as if it decided to host a fortnight's worth of New Year's Eve parties during the Second World War and invited the entire planet to come watch.

In reality, I haven't seen any army folk, although that could be because they have been positioned to fill empty stadium seats. I actually have no idea if the Olympics are still happening. I've spent hours stuck in lineups (sorry, we're in England, so "queues") and squished into packed buses with sweaty spectators and disgruntled commuters. Every day is my own personal marathon of patience and endurance.

Rumour has it that there are some actual sporting events going on in the east end, but the teenage hooligans hurdling over the turnstiles at King's Cross are the closest I've come to witnessing any impressive athletics.

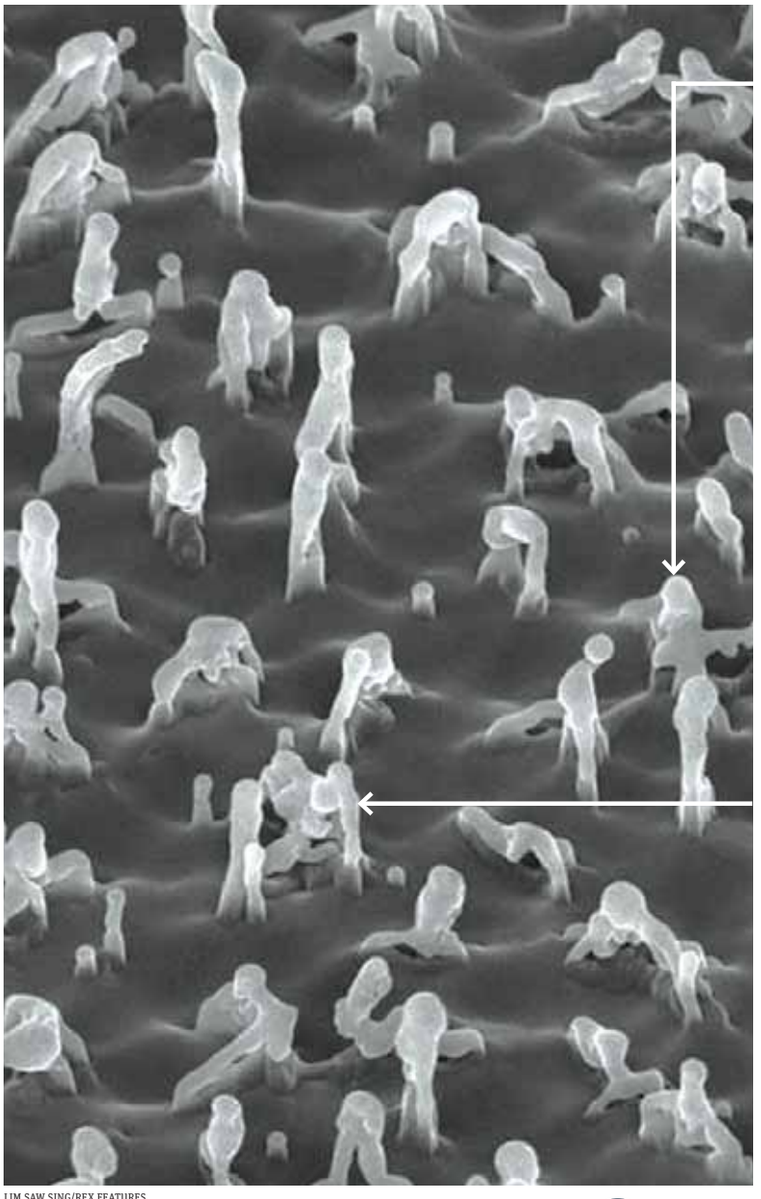
In the end, the crowds and the traffic jams and even the rain have not dampened the spirits of the British sports fans. Most of them have kept a stiff upper lip about the city-wide takeover; the rest of them have taken off to various other European destinations to escape the pandemonium.

My main coping strategy to survive the mania? Find the closest pub, order a pitcher of Pimm's and join the locals in cheering on the men and women of Team GB.

Follow Jessica Napier on Twitter @MetroSheSays

A little lost in London? Cheer for Team GB to mesh with the crowd.
DAN KITWOOD/GETTY IMAGES

'Nudist beach' under the microscope



LIM SAW SING/REX FEATURES

Electric orgy?

Semiconductor nudes win contest

This curious photograph appears to show a large orgy of naked people frolicking on a beach. But it's actually an electron image taken under the microscope. The bizarre shot is the winner of the Art of Failure Analysis photography competition, run by the IEEE (Institute of Electrical and Electronics Engineers). METRO

Contest facts

- The contest sees engineers showing the fun side of their research in microelectronics technology. The analysts work on "failure analysis," the process of investigating why a particular electronic component fails.
- The main judging criteria is the aesthetic aspect of the image.

Nudist colony

What the image actually depicts

The winning image, entitled People on the Beach by Lim Saw Sing, who works at German semiconductor manufacturer Infineon Technologies' facility in Kulim, Malaysia, depicts a polyimide surface after exposure to reactive ion etching and sputter coating. But for Sing, the image of the semiconductor shows nudists cavorting on a beach. METRO

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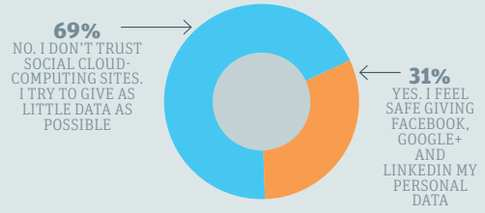
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31%
YES. I FEEL SAFE GIVING FACEBOOK, GOOGLE+ AND LINKEDIN MY PERSONAL DATA

Twitter

@Kara_Lang:
"In Canada, women's soccer matters." -Christine Sinclair,

@ChristieBuono:
It's Game Day!! Go #BCLions Go!!!! #CFL #ArgosLions

@nickbilton:
Some say they were born before their time; others after. Being able to follow a Tweeting robot landing on Mars, I was born just right.

@mattgood:
US gymnast Gabby Douglas makes Olympic history. Accomplishment overshadowed by massive internet debate about her hairstyle.

@adriandix:
Two great events today-Taiwan Day at Bobolink Pk and then at Barrett's Lookout on Cypress Pk Rd to commemorate 40th Ann. of Barrett gov't

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DVD reviews

Dr. Seuss' The Lorax

Directors. Chris Renaud, Kyle Balda

Stars. Zac Efron, Taylor Swift, Danny DeVito

●●●○○

It has Dr. Seuss in the title, but not in its soul. This CGI-rendered and 3D-padded screen adaptation of The Lorax,the eco-themed 1971 tale by the late Dr. Seuss, feels like just another studio cartoon. There's loads of bright colour, but little of the enchantment of more Seussian screenfuls. The Lorax presents a walled and tree-less place named Thneed-Ville, a synthethic suburb where people worship plastic instead of plants. Not everyone, though: teen cutie Audrey (Taylor Swift) yearns for a real tree, and her lovestruck swain Ted (Zac Efron) aims to oblige.

He sets off on a voyage outside Thneed-Ville's confines. The enviro message is all to the good, but the characters just don't do Seuss justice.

PETER HOWELL

Marley

Director. Kevin Macdonald

Stars. Bob Marley, Ziggy Marley, Jimmy Cliff

●●●●○

A leisurely but thorough biodoc of Jamaican reggae great Bob Marley, showing how the humble man became the superstar artist. Oscar-winner Kevin Macdonald (One Day in September) canvasses every aspect of Marley's brief life. Everyone's heard from, including Marley's widow Rita and a couple of his former mistresses. **PETER HOWELL**

David Krumholtz and Michael Urie star in the TV series Partners, a buddy comedy, premiering in September on CBS. CBS, MATT KENNEDY/THE ASSOCIATED PRESS

'It's like there should be a show about it!'

Laughing at real life.
New sitcoms draw inspiration from their creators' worlds

Got a goofy older brother? Parents you still live with even though you're grown up? An unconventional friendship?

If so, you're too late to turn those ideas into a hit sitcom.

But while you comb your life for something else to fuel a comedy that a network will love, consider three fall sitcoms spawned from the personal lives of their creators.

CBS' Partners explores the lifelong friendship of Louis, who's gay, and Joe, who's straight, as they navigate their architecture business and their respective romantic ties. Their best-friends dynamic is inspired by the friendship of Max Mutchnick and David Kohan, who met in high school and, after partnering as TV producers, co-created shows including the megahit Will & Grace.

There's no attempt to hide the lineage of Fox's Ben & Kate. It's the tale of a freewheeling brother, Ben, who comes back into the life of his single-mother younger sister, Kate, to serve as a surrogate dad while continuing his lifelong role as a mischievous child. The show is based on the relationship of its creator, Dana Fox, with her own big brother, whose name is, yes, Ben.

Meanwhile, ABC's How to Live with Your Parents for the Rest of Your Life finds a young mom from a broken marriage seeking refuge at her parents' with her young daughter. It was drawn from the domestic situation of creator Claudia Lonow, who well into adulthood and despite career success, including producing the sitcom Less than Perfect, continues to live with parents she describes as "charismatic," "super entertaining" and "very weird."

"I've been living there for 15 years, and I've been (developing) the show for about 12," Lonow told reporters this week at the Television Critics Association conference.

Like Polly (played by Sarah Chalke), who descends on TV parents Brad Garrett and Elizabeth Perkins, "I did show up at their doorstep and say, 'I hope this isn't a bad time for YOU, because it is for ME.'

"They reacted like any loving mother and stepfather would," Lenow recalled, and took her and her daughter in.

"We slept in the weight room on a cot for a while. And then, when it was time for my daughter to go to grammar school, I bought a house with them. I know it was crazy," she said with a laugh.

"It's like there should be a show about it!"

Sitcoms that smack of autobiography are nothing new, of course. I Love Lucy, 60 years ago, took its cue from the show-biz-infused marital life of Lucille Ball and Desi Arnaz.

But Dana Fox has been gathering material for Ben and Kate since the cradle thanks to her brother, Ben, who's two years her senior.

She describes him as a "Ferris Bueller-type guy ... a really, really smart guy who intentionally does incredibly dumb things that would get us into so much trouble. "He usually has a totally bizarre logic to all of his behaviour."

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SCENE

On the web

Wildlife fan Betty White loved The Lorax's environmental message

Prince William able to avoid 'kiss cam' so far

Prince William may be used to living his life in public as a member of the royal family, but that doesn't mean he's thrilled about public displays of affection — especially when it's broadcast on a massive screen at an Olympic event. "I was absolutely dreading they were going to come and show myself and my wife, and that would have been very embarrassing," William says of the idea of he and Kate Middleton showing up on the "kiss cam" at London's Olympic Velodrome. So far, they've evaded the cam's gaze.

Prince William

Twitter

@wossy
Am playing a drinking game called Ring of Fire. With my children. I am the posemaster.

@jessicaalba
Got to get showered dressed & out the door family in tow in 20 min - GO!

@TheRealRoseanne
i am no longer running against 3rd party candidates! I'm RUNNING AGAINST ROMNEY AND OBAMA on behalf of the people of the USA! peace&freedom!

@AlbertBrooks
To silver and bronze medalists, contact me. I know a guy downtown that will turn those into gold

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Fighting words from Elton John

THE WORD
Monica Weymouth
scene@metronews.ca

We're professional gossips over here. Trash talking, unnamed "sources," Twitter fights among grown men: It all comes with the territory, and there's not much that surprises us in this post-Real Housewives world. Except, of course, for Mean Girl at Large, Elton John.

During an interview with Australian TV host Molly Meldrum, Elton let loose when discussing Madonna.

"Why is she such a nightmare? Sorry, her career is over," he said. "Her tour has been a disaster and it couldn't happen to a bigger c—."

We feel a back-handed compliment coming on: "If Madonna had any common sense she would have made a record like Ray Of Light and stayed away from the dance stuff and just been a great pop singer and make great pop records, which she does brilliantly," he continued. "But no, she had to go and prove she looks like a f—ing fairground stripper."

Now, do we agree with him? No. But we do respect his expertly conjured tornado of British crankiness and rhinestone platforms.

Macaulay Culkin ALL PHOTOS GETTY IMAGES

Culkin not Home Alone as tabloids claim illness

While tabloid stories claim he's dealing with a massive heroin addiction, Macaulay Culkin made an appearance over the weekend at Natalie Portman's wedding in Big Sur, Calif., according to Us Weekly. Culkin and Portman have been close friends for years, and the Home Alone star was spotted in February playing with Portman and her infant son, Aleph — right around the time photos surfaced of him looking gaunt and thin, sparking rumours about health issues.

"Macaulay Culkin is in perfectly good health," his rep said at the time. Culkin also popped up this week looking energetic and happy in a YouTube video promoting Macaulay Culkin's iPod, a monthly party he hosts at a bar in New York City.

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You can still enjoy the weather while doing a number of different workouts. ISTOCK PHOTOS

Intense training can keep that summer sagging away

30 minutes every day. You don't need to put in big workouts to keep in shape in the summer but you do need consistency

CELIA MILNE
life@metronews.ca

"I don't have time" doesn't cut it as a reason to not exercise.

Short, intense workouts can hugely improve your fitness.

"Go hard for various bursts of time and then earn a few seconds of rest. These types of workouts can be done in just 30 minutes and are definitely effective," says Sammie Kennedy, CEO and creator of Booty Fit Express in Toronto. We asked her to design some cottage workouts.

People used to think you had to exercise for long periods of time (such as going for an hour-long run) to get fit.

Then, in 1996, Japanese research Dr. Izumi Tabata discovered that only 20 seconds of very intense exercise, followed by 10 seconds of rest, repeated eight times, has both anaerobic and aerobic benefits.

"High-intensity interval training (HIIT) is incredibly time efficient and can result in improved athletic capacity and fat burning," says Kennedy.

And the bonus is that it has lasting benefits.

"It can also increase resting metabolic rate for up to 24 hours after the workout has been completed."

Some exercises

These exercises can be adapted for those who have an injury. The point is to move intensely (and safely!), rest — and repeat. Here are a few Tabata-style exercises Kennedy recommends.

- **Number 1.** In the water, tread water or swim rapidly for 20 seconds, take a 10-second rest. Repeat eight times. (Have a pool noodle beside you for the break)
- **Number 2.** Sprint from the cottage to the road (20 seconds), rest for 10 seconds. Repeat eight times, back and forth.
- **Number 3.** Grab a yoga mat and get on the dock for burpees! Do 20 seconds of deadman burpees (body coming all the way down to the mat), rest for 10 seconds; repeat eight times.

On the Web

Study describes genetic events that lead to malignant childhood brain cancers

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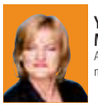
The real estate market could come tumbling down. ISTOCK IMAGES

Is the real estate market sagging? Adopt a strategy for an uncertain future

Alison's Money Rule. Saving, patience and sweat equity should spell success in housing market



YOUR MONEY
Alison Griffiths
money@metronews.ca

A financial shiver just swept across Canada. It started in Vancouver but was soon felt on the Prairies, central Canada and even the Atlantic provinces. Real estate. Is it heading for a fall?

In July the mighty west coast market blinked. Sales were down 18 per cent compared to 2011, the lowest level since 2000.

Real estate was sagging back in the Y2K days because everyone wanted technology. Then, when the tech bubble burst investors, savers and speculators piled into the only secure investment thought to exist — real estate.

What followed has been one of the longest running real estate bull markets in Canadian history. It may be over, or not. Either way those wanting to get into the market or upgrade should adopt a strategy that puts them in a good position if prices really dive. Should the market stay steady you will still be better off by reducing future debt levels.

1. Save, save, save
Building up a strong cash position is job one. Even if prices increase slightly (which they have in many markets despite sales numbers dropping), having lots of cash means a smaller mortgage. Interest rates will rise eventually and could rapidly turn an affordable abode into a financial albatross.

2. Develop skills
Sweat equity is one of the best ways to get into the real estate market or boost your real estate investment. You may not know a soffit from a joist hanger but you can learn. Offer to help friends renovate, take a course or volunteer for a community-building project. DIYers can save anywhere from 15 to 80 per cent on various repairs and renovations. With skills you can consider purchasing a fixer upper.

3. Have patience
Don't get sucked into the belief that the market will run away from you. Yes, it would have been nice to buy in Toronto or Calgary circa 1995 but it is more important to ensure you can afford what you buy 10 years from now, regardless of interest rates, than to get in before another real estate explosion.

In numbers

3-5 years

The average length of a flat real estate market following a correction or crash.

You've got high hopes to retire early, so pick it up

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

The BMO Retirement Institute released their Approach to Retirement report last week which revealed that young Canadians aged 18 to 34 have ambitious retirement plans, but nearly one third haven't saved a penny.

If you're young and don't have two nickels to rub together, pick it up!

Thankfully the report also indicates that the millennial generation, of which I am one, does think saving is important.

We've also got more tools to help us plan smarter than any generation that's come before us.

On the flip side, however, our generation struggles with higher debt levels, less job security, smaller pension plans, and greater cost of living; all of which contribute to a more pressing need to save more earlier on.

If you're budget is maxed, start small — I challenge you to save $1 per day.

I was holidaying in Victoria and Vancouver last week and over brunch near Granville Island on Sunday morning a pal brought up the subject of how massive his change collection had become.

Each day he empties the pennies, dimes, nickels and quarters from his pockets into a drawer. He averages a few dollars a day, which has grown to nearly $400 in savings.

Dig your way through pockets, check the ground or simply downsize your coffee in order to scrounge up your $1 per day.

Then grow your savings into something more substantial every few months. For example, $1 per day might turn into $5 per day if you start couponing for groceries, car-pooling and renting out your spare room.

More Fun and Frugal

Follow Lesley on Twitter @LesleyScorgie

To get ahead, experts recommend using tax-advantaged savings plans like the RRSP and TFSA. Regular automatic contributions will ensure you don't skip out on savings.

Invest the funds wisely and under the guidance of a professional money manager to achieve optimal savings results.

Forming healthy savings habits early on will ensure you've got enough dough to retire on and support a desirable lifestyle; one defined and created by you.

Saving more money earlier on in your career will help you reach those ambitious nest egg goals. ISTOCK IMAGES

Now anybody can help raise money for a cause using the crowdfunding strategy. ISTOCK IMAGES

Crowdfunding trend thrust into spotlight by Canadian campaigns

Charities. Internet-based fundraising is still a relatively new phenomenon

A burlesque troupe, a film about female Palestinian race car drivers and a bullied American bus monitor — as diverse as those topics are, they all share a common Canadian thread.

All three projects sparked crowdfunding campaigns, an Internet-based trend which gained popularity recently when a Toronto man launched a wildly successful fundraising effort for a Rochester, N.Y., grandmother.

Max Sidorov responded to heart-wrenching video posted online of bus monitor Karen Klein being tormented by a group of schoolchildren by setting up a campaign on fundraising site Indiegogo.

More than 30,000 donors responded to that effort by donating more than $700,000, far surpassing Sidorov's original target of $5,000 to give Klein a much-needed vacation.

Crowdfunding skips a step by avoiding charities, and gets money directly from a donor to the person being helped. There are fewer fundraising costs involved, but some of the organizations aren't registered with the Canada Revenue Agency, which acts as a charity watchdog, said a fundraising and volunteer management professor at Humber College in Toronto.

"If you're using crowdfunding, the moment the money is out of your bank account, you've lost all control of it," said Ken Wyman. Fraud is a possibility, he said, because if a charity isn't registered, there is no way to guarantee where a donation is going.

"It also raises the spectre of 700,000 dollars being raised for a single person who doesn't really need it or know what to do with it in a world where 700,000 dollars could save many lives."

Canadian-born filmmaker Amber Fares has raised more than $26,000 on Indiegogo to fund her first feature-length film Speed Sisters: Racing in Palestine, and Toronto-based burlesque troupe Les Coquettes has raised almost $3,000 to support touring and production over the next two years. THE CANADIAN PRESS

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Lasagna gets all rolled up

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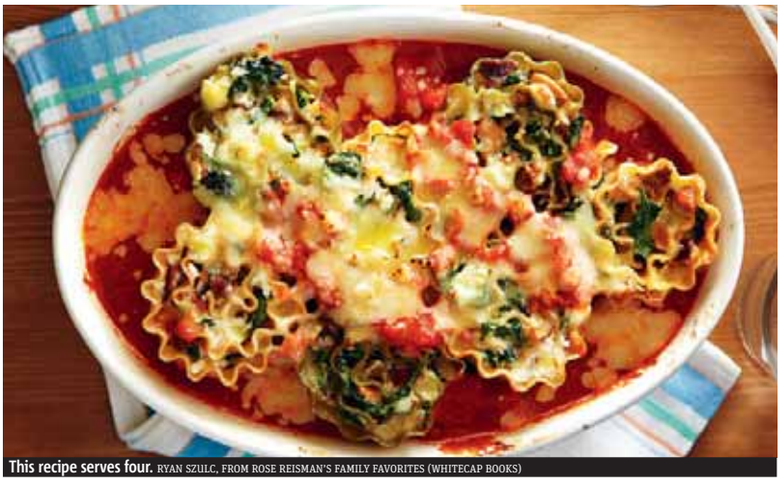


This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Instead of making the usual lasagna, opt for this Mushroom and Spinach Miniature Lasagna Rolls version. I love the idea of rolling cooked lasagna sheets to make individual servings. This is a great vegetarian dish that has all the nutrients you need.

1. Preheat the oven to 400 F.

2. Bring pot of water to boil. Add lasagna noodles and cook for about 8 minutes or until the noodles are just tender, stirring often but carefully. Drain and rinse with cold water. Set aside.

3. Coat a large skillet with cooking spray, add the oil and set over medium-high heat. Add onion and garlic and sauté for 5 minutes. Add mushrooms and sauté for 5 more minutes or just until mushrooms are no longer wet. Add spinach and allow to wilt, about 3 minutes. Remove the skillet from the heat and add the ricotta, mozzarella and Parmesan cheeses, mustard, salt and pepper.

4. Place mix in bowl of food processor and pulse on and off until it is uniformly chopped.

5. Pour 1 cup of tomato sauce into a 9 x 13-inch or 11 x 7-inch casserole dish. Spread about 1/4 cup of cheese mix along length of each sheet. Roll up each noodle and cut in half. Place in baking dish with the ruffled side of lasagna facing up. Pour remaining 1/3 cup of tomato sauce over and sprinkle with grated mozzarella cheese. Cover with foil and bake to 25 minutes or just until heated through and the cheese is melted. Serve hot.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 8 lasagna noodles
- 2 tsp vegetable oil
- 1 1/2 cups chopped onion
- 2 tsp finely chopped garlic
- 3 cups chopped mushrooms
- 4 cups fresh baby spinach
- 3/4 cup light ricotta (5%)
- 2/3 cup shredded mozzarella
- 1/3 cup grated Parmesan
- 1/2 tsp Dijon mustard
- pinch of salt and pepper
- 1 1/3 cups tomato sauce
- 3 tbsp shredded mozzarella cheese

Health Solutions

Four steps to theme park food survival

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Theme park season is upon us and in just one careless day, you can rack up a few thousand empty calories and a pound or two. Here is how to enjoy the day without paying the price for it.

1. Choose your indulgence

Pick one indulgence and look forward to it. Denying yourself everything, all day won't work and your will power will eventually cave. Tell yourself you will indulge in (fill in the blank) at 3 p.m. and stick to it.

2. Breakfast is still most important

Don't skip breakfast. Have a full meal loaded with protein and fibre from fruit as well as whole grain bread. You will feel fuller starting out and be less tempted.

3. Pack food

If you can, pack a lunch. If you can't, order less than you think you will need and share entrées. Portions in 'fun' places tend to be even larger than our already too big plates.

If you are still at the park over the dinner hour, find a sit-down dinner spot and relax over a good meal. Stick to the one indulgence and avoid all deep fried food. Be sure to have a salad and lots of vegetables (assuming they aren't drowning in butter).

4. Walk it out

Most important: Wear running shoes and walk everywhere. A full eight hours of walking can burn 1,000 calories, which may be enough to cover your indulgence.

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Exclusively online

- **Video.** Check out metronews.ca for a video of Theresa giving healthy eating tips from Disneyland in California.

Teens schooled on ending their relationships in a healthy way

Avoiding potential violence. Program aims to help kids break up without any serious acrimony

Andrew Curtin said it happened at least twice at his Boston-area high school in the last year. Angry about a breakup, a boy ended up at the school nurse's office with a broken hand after punching a locker or a wall.

But he was among about 250 teenagers at a seminar at Simmons College on Thursday. And the dating advice was coming from an unlikely source: City government officials.

Boston's Public Health Commission partnered with local social service agencies to put on its third annual Break-Up Summit for teens as part of a $1 million, four-year grant from Robert Wood Johnson Foundation.

Nationwide, the $18 million program known as Start Strong is aimed at teaching teens in 11 cities to prevent dating violence by ending relationships in a way that doesn't spark negative behaviour — cheating, public humiliation, or worse.

Nicole Daley, who heads Boston's Start Strong program, said a bad teenage relationship can lead to problems like depression, low self-esteem, falling academic grades, and even unwanted pregnancies in cases where one partner tries to manipulate the other. There's also the risk of a physically dangerous confrontation.

"In popular media, cheating is seen as an excuse for violence," Daley said.

Recent studies by the Centers for Disease Control and Prevention showed about 10 per cent of students nationwide reported a boyfriend or girlfriend had physically hurt them in the last year. CDC statistics also showed that among adults who were victims of rape, physical violence or stalking by an intimate partner, 15 per cent of men and 22 per cent of women first experienced some kind of partner violence when they were between 11 and 17 years old.

Teens who were part of Thursday's seminar described a dating scene where social media can make ending relationships even more emotionally fraught. Many said that changing one's Facebook status back to "single" was the worst way to break up with a significant other.

Other teens talked about breaking up by sending a text message, or being on the receiving end of one. They also spoke about fights they'd seen in their schools between students who were in competition for another student's affections, or felt jilted after a relationship ended badly.

Counsellors at the forum urged teens to communicate with partners about relationship boundaries, together defining whether they were "just texting," casually "hooking up," "friends with benefits," or in a monogamous relationship.

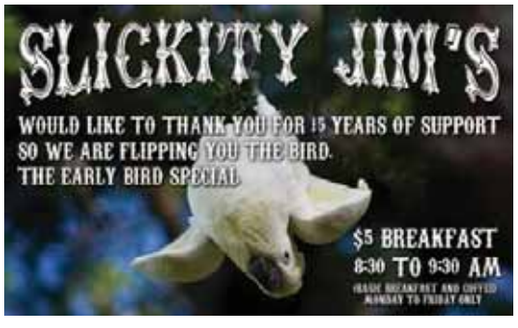
They also encouraged students to end relationships with face-to-face contact, and to look for warning signs that ongoing relationships could turn abusive.

"Now I've got all the information," said West Roxbury High School sophomore Tyler Jones, who's training as a Start Strong peer leader.

"I realize you've got to give your partner space. You don't need to be hugging up on them all day."

THE ASSOCIATED PRESS

When it comes to relationships, experts say that teens are being strongly influenced by popular culture. ISTOCK


SLICKITY JIM'S
WOULD LIKE TO THANK YOU FOR 15 YEARS OF SUPPORT
SO WE ARE FLIPPING YOU THE BIRD.
THE EARLY BIRD SPECIAL
$5 BREAKFAST
8:30 TO 9:30 AM

Argonauts dragged down by Lions' swarming defence

CFL. Toronto QB Ray picked off three times as B.C.'s dominance at Rogers Centre continues

Another week, another defensive shutout for Byron Parker, Lin-J Shell and the CFL's top-ranked unit.

B.C.'s defence forced four turnovers and didn't allow a touchdown for the second straight game to anchor the Lions' 18-9 win over the Toronto Argonauts on Monday night, with both teams heading into their bye week.

B.C. earned its second straight win, thanks in large part to its defence. The Lions came into Monday's game off a dominating 34-8 decision over Calgary, holding the Stampeders to two field goals and a safety to snap a mini two-game losing streak.

By the numbers

14/15

The Lions beat the Argos for the 14th time in 15 meetings and captured their seventh victory in their last eight trips to the Rogers Centre.

Monday's game

18	9
Lions	Argonauts

The emphatic victory was especially sweet for Parker and Shell, former Argos defensive backs making their first return to Rogers Centre with their new team. And both contributed to the Lions' defensive effort as Shell — who was released by Toronto in January — had four tackles and a fumble recovery while Parker — who spent seven years in Double Blue before signing with B.C. as a free agent — added three tackles and returned an interception for a touchdown in the first half that came back due to a penalty.

"We know if teams can't score touchdowns on us we can't lose, it's as easy as that," Parker said. "This was a home game for Lin-J and I and this is a place where we've both made plays, so coming here and playing bad wasn't really an option for us."

Lions quarterback Travis Lulay was 18-of-27 passing for 205 yards and a TD.

THE CANADIAN PRESS

Toronto Argonauts quarterback Ricky Ray is sacked by B.C. Lions defensive tackle Jabar Westerman on Monday in Toronto. CHRIS YOUNG/THE CANADIAN PRESS

Pospisil survives third-set tie-breaker

Vasek Pospisil of Vancouver returns the ball against Italy's Andreas Seppi in Toronto on Monday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

The longer a match goes, the better Vancouver's Vasek Pospisil seems to play.

Pospisil was certainly better as the match lengthened on Monday as he beat Italy's Andreas Seppi 4-6, 6-4, 7-6 (8-6) in their first-round match at the Rogers Cup.

"I don't know what it is," the 22-year-old said. "The longer matches go sometimes the better I feel on the court and I start swinging freely and the muscle memory takes over kind of and I guess I don't think as much and my abilities take over and it's probably an advantage for me."

Pospisil — Canada's No. 2-ranked player behind Milos Raonic of Thornhill, Ont. — needed to win a third-set tie-breaker to take the match. He will play Juan Monaco in the next round.

Seppi, 28, who entered the tournament ranked 26th in the world, took advantage of a service break to win the first set but then Pospisil took over and withstood the Italian's third-set rally.

"It obviously was a very close match," Pospisil said. "I had the momentum in the second set and kind of gave it back to him and was able to raise my game. I had chances in the third and didn't take them, the early ones, but hung in there." THE CANADIAN PRESS

Raonic's route

Rising Canadian star Milos Raonic will face Viktor Troicki of Serbia in his first match at the Rogers Cup in Toronto.

- Troicki advanced Monday with a 6-4, 7-6 win over Alex Bogomolov Jr. of Russia.
- Raonic had a bye in the first round.

Major League Soccer

Coroner leaning towards natural death in Urso case

A coroner said signs pointed to "an apparent natural death" pending results from toxicology tests and other tissue after an autopsy was performed on Columbus Crew's Kirk Urso on Monday.

The 22-year-old Urso was pronounced dead early Sunday morning at Grant Medical Center after collapsing at a downtown Columbus bar and restaurant.

Franklin County Coroner Jan Gorniak said toxicology tests will not be finalized for four to six weeks.

"It's leaning toward an apparent natural death, but we don't know why," Gorniak said. THE ASSOCIATED PRESS

Kirk Urso GETTY IMAGES FILE

CFL

Riders add kicking and lineman depth

The Saskatchewan Roughriders have signed non-import kicker Sandro DeAngelis and import defensive lineman Jay Alford.

Financial details of the agreements announced Monday were not released. THE CANADIAN PRESS

NFL

"There's no excuse for it."

New York Jets quarterback Mark Sanchez. About 20 Jets players were involved in a brief brawl during a chippy practice Monday after running back Joe McKnight and safety D'Anton Lynn tangled after a play.

4 SPORTS

Mobile sports

Over his remarkable career, Michael Phelps has struck deals with a plethora of sponsors. But not everyone at the London Games can be showered with corporate largesse like the most decorated Olympian of all time. Most work one, two, even seven jobs while finding time to train to face fully funded pros. Scan the code for the story.

Last-gasp goal by U.S. ends Canadians' dream of gold

Women's soccer. Winner scored with match moments away from penalty kicks. A first bronze medal still possible for Canada

Canada's women's soccer team has suffered Olympic heartbreak once again at the hands of its archrival.

Alex Morgan scored in the 123rd minute Monday to lead the No. 1-ranked United States to a 4-3 victory over the seventh-ranked Canadians in the semifinals of the London Olympics, delivering a dagger in the heart of a squad that paced the U.S. goal for goal all night long.

Canada's captain Christine Sinclair recorded a hat trick — goals No. 141 through 143 of her illustrious career — to lead her team in what was almost a massive upset.

But as the possibility of penalty kicks loomed large, Morgan rose to meet a cross and deftly placed a header past Canadian goalkeeper Erin McLeod, continuing Canada's eleven years of hurt. Canada hasn't beaten its North American rival since 2001 — a span of 27 games.

Megan Rapinoe scored twice for the U.S., while Abby Wambach scored on a penalty kick in a gripping game played in the historic confines of Manchester United's Old Trafford Stadium.

Wambach's penalty came after the U.S. was given a free kick outside the Canadian box by Norwegian referee Christiana Pedersen when McLeod was whistled for holding the ball for more that six seconds. Marie-Eve Nault was charged with a handball in the penalty area on the ensuing kick.

"We feel like we didn't lose, we feel like it was taken from us," Sinclair said. "It's a shame in a game like that that was so important, the ref decided the result before it started."

Canadian coach John Herdman was livid with Pedersen.

"She'll have to sleep in bed tonight after watching the replays, she's got that to live with," he said "We'll move on from this, I wonder if she'll be able to."

Sinclair's first goal came in the 22nd minute and the two teams would trade goals in rapid-fire succession for the rest of the night.

THE CANADIAN PRESS

Next up

- The Canadians will play France for the bronze medal on Thursday in Coventry, while the U.S. will battle Japan, 2-1 winners over the French, in the other semifinal.
- Canada will still play for its first medal in Olympic soccer history, and what would be the country's first Summer Games medal in a team sport — not counting rowing or equestrian — since 1936.

Christine Sinclair, right, moves the ball against Tobin Heath Monday in Manchester. MIKE RIDEWOOD/THE CANADIAN PRESS/HO

Equestrian

Canada falls short in show jumping

Canada had seasoned riders but not the equivalent horsepower to repeat as Olympic medallists in team show jumping.

Ian Millar of Perth, Ont., Eric Lamaze of Schomberg, Que., and Jill Henselwood of Oxford Mills, Ont., finished fifth Monday.

Britain won a jump-off for gold against the Netherlands in front of a frenzy of Union Jacks at Greenwich Park. Saudi Arabia was third.

The trio earned team silver four years ago in Beijing, but all came to London on youthful horses with less experience.

THE CANADIAN PRESS

Ian Millar on horseback Sunday. THE CANADIAN PRESS

Overall performance

Canadian medal haul stalls at 10

Canada has gone back-to-back days without a medal for the first time at these Olympic Games after missing the podium Monday.

After a solid first half, Canada remains stalled at 10 medals, including one gold.

The goal is a top-12 finish in the overall medal standings. Canada is tied for 11th with the Netherlands.

THE CANADIAN PRESS

Tuesday's 3 to watch

1 Women's basketball

Unlike their U.S. opponents, Canada is in uncharted territory. Canada is playing in its first quarter-finals while anything less than gold will be a disappointment to the Americans.

Time: 6 a.m.
Channel: TSN

2 Cycling

Edmonton's Tara Whitten stands fourth at the midway point of the six-event omnium at the Olympic Velodrome.

The two-time world omnium champion already won bronze in the women's team pursuit at the Games.

Time: 8 a.m.
Channel: TSN

3 Men's soccer

The only top contender left in the men's soccer tournament, Brazil has no excuse to leave London without the gold medal. First, though, it will have to get past South Korea in the semifinals.

Time: 9 a.m.
Channel: TSN

THE CANADIAN PRESS/THE ASSOCIATED PRESS

Hurdling. Zelinka gets back on track by qualifying for 100-metre hurdle semis

Jessica Zelinka returned to the track at the London Games on Monday morning and booked a spot in the semifinals of the 100-metre hurdles.

The London, Ont., athlete finished second in her heat with a time of 12.75 seconds. The semifinals will be held Tuesday.

"This was my warm up day and tomorrow will be my race day," said Zelinka.

She'll be joined by Phylicia George of Markham, Ont., and Nikkita Holder of Pickering, Ont., who also made it through qualifying.

Zelinka is looking to rebound from a disappointing seventh-place finish in the heptathlon over the weekend.

She elected to rest on Sunday and wasn't sure exactly what to expect after returning to competition.

Jessica Zelinka. THE CANADIAN PRESS FILE

"I'm just glad I found my legs again and this is just like a reminder saying, 'Body, you're not done, and tomorrow, keep it going even more,'" said Zelinka.

It was a productive morning session for Canadian athletes.

Geoff Harris of Halifax advanced in the men's 800 metres with a personal-best time of 1:45.97 while Hilary Stellingwerff of Grand Bend, Ont., and Winnipeg's Nicole Sifuentes each qualified for the semifinals of the women's 1,500 metres.

THE CANADIAN PRESS

Quoted

"This was my warm up day and tomorrow will be my race day."

London, Ont.'s Jessica Zelinka qualified for Thursday's semifinals in the 100-metre hurdles event

Van Koeverden sails through semis

Kayak. Kayaker in pursuit of his fourth Olympic medal in Wednesday's eight-man final

Adam van Koeverden slows his kayak after winning his men's kayak single 1000-metre semifinal in Eton Dorney on Monday. THE ASSOCIATED PRESS

It looks like all systems are go for Adam van Koeverden at the Olympics.

The reigning world champion advanced to the final of the K-1 1,000 metres in the Olympic kayaking competition, winning both his morning heat and semifinal.

But Monday was all about going fast enough to race, and get a good lane, in Wednesday's eight-man kayak final. Van Koeverden dismissed the suggestion that his semifinal win in three minutes 28.209 seconds might be a statement.

"Doesn't matter," he said. "These guys don't respect that. I mean I don't respect somebody who wins in the semi. It's like 'Good job, but the race is on Wednesday.'"

And it should be a doozy, with a who's who of kayaking in the field, including two-time world champion Max Hoff of Germany, who won the other semifinal in 3:29.294 under sunshine at Eton Dorney.

Other finalists include Sweden's Anders Gustafsson, a van Koeverden training partner who is two-time runner-up at the worlds; Norway's Eirik Veras Larsen, an Olympic silver medallist in 2008 and gold medallist in 2004; Belarus' Aleh Yurenia, a World Cup winner; three-time World Cup champion Rene Poulsen of Denmark; and 2008 Olympic champion Tim Brabants of Britain.

"I'm putting a lot of pressure on myself, which is good," said van Koeverden. "I just want to race fast."

THE CANADIAN PRESS

Quoted

"I don't respect somebody who wins in the semi. It's like 'Good job, but the race is Wednesday.'"

Olympic kayaker Adam van Koeverden

Swimmingly in sync

Marie-Pier Boudreau Gagnon and Elise Marcotte of Canada compete during the preliminary round of women's duet synchronized swimming at the Aquatics Centre in London on Monday. The Canadian pair qualified fourth for Tuesday's final. Natalia Ishchenko and Svetlana Romashina of Russia were the top qualifiers. MARK J. TERRILL/THE ASSOCIATED PRESS

Day 10 results

MEDAL STANDINGS

179 of 302 total medal events

Nation	G	S	B	Tot
China	31	19	14	64
United States	29	15	19	63
Russia	7	17	18	42
Britain	18	11	11	40
Japan	2	12	14	28
France	8	9	9	26
South Korea	11	5	6	22
Germany	5	10	7	22
Australia	2	12	8	22
Italy	7	6	4	17
Netherlands	3	3	4	10
Canada	**1**	**3**	**6**	**10**
Ukraine	3	0	6	9
Hungary	4	1	3	8
Belarus	3	2	3	8

WHAT CANADA DID

Monday at the 2012 London Olympics

ATHLETICS

Men's 800 — Geoff Harris, Halifax, finished second in his heat and qualified with a time of one minute, 45.97 seconds.

Women's 100 hurdles — All three Canadians entered in first-round qualifying advanced to the next round. Jessica Zelinka, Calgary, finished second in her heat with a time of 12.75. Nikkita Holder, Pickering, Ont., finished fifth in her heat four in 12.93. And Phylicia George, Markham, Ont., finished second in her heat in 12.83.

Women's 1,500 — Both Canadians entered in first-round qualifying advanced to the next round. Hilary Stellingwerff, Grand Bend, Ont., finished sixth in her heat with a time of four minutes, 5.79 seconds. And Nicole Sifuentes, Winnipeg, finished seventh in her heat in 4:07.65.

Women's shot put — Julie Labonte, Ste-Justine, Que., finished 11th in her qualifying group with a throw of 17.48 metres and failed to advance to the next round.

Women's 200 — Crystal Emmanuel, Toronto, finished fifth in her first-round qualifying heat in 23.10 and advanced to the next round.

Women's 400 hurdles — Sarah-Lynn Wells, Toronto, finished eighth in her semifinal heat in 56.71 and failed to advance to the final.

BOXING

Women's 75kg — Mary Spencer, Wiarton, Ont., lost 17-14 in her quarter-final match to Li Jinzi of China.

Men's 91+kg — Simon Kean, Trois-Rivieres, Que., lost 20-6 to Ivan Dychko of Kazakhstan in a men's quarter-final bout.

CANOE-KAYAK

Men's kayak singles 1,000 — Adam van Koeverden, Oakville, Ont., won his semfinal heat with a time of three minutes, 28.209 seconds and advanced to the final.

Men's canoe singles 1,000 — Mark Oldershaw, Burlington, Ont., finished second in his semifinal heat in 3:52.197 and advanced to the final.

Men's kayak doubles 1,000 — Ryan Cochrane, Windsor, N.S., and Hugues Fournel, Lachine, Que., finished fifth in their semifinal heat in 3:29.819 and advanced to the final.

CYCLING

Women's omnium — Tara Whitten, Edmonton, is in fourth place overall after three races. She will race for a medal on Tuesday.

EQUESTRIAN

Team jumping — Canada (Jill Henselwood, Oxford Mills, Ont.; Eric Lamaze, Schomberg, Ont.; Ian Millar, Perth, Ont.), finished fifth with a score of 26.

Individual jumping — Millar finished in a tie for 11th place with a score of eight. Lamaze finished in a tie for 22nd with a score of nine.

SAILING

Women's laser radial — Danielle Dube, Glen Haven, N.S., finished 27th after the final rankings with a score of 220.

Men's laser — David Wright, Toronto, finished 23rd after the final rankings with a score of 184.

Men's 470 — Mike Leigh and Luke Ramsay, both Vancouver, are in 24th place after the eighth race.

Men's 49er — Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, are in 16th place after the 14th race.

SYNCHRONIZED SWIMMING

Duet — Marie-Pier Boudreau, Riviere-du-Loup, Que., and Elise Marcotte, Quebec City, finished fourth with a score of 189.250 and advanced to the next round.

DIVING

Men's three-metre springboard — Both Canadians entered in the preliminary round advanced to the semifinal. Alexandre Despatie, Montreal, finished ninth with a score of 458.55. Francois Imbeau-Dulac, St-Lazare, Que., finished 12th with a score of 449.30.

SOCCER

Women — Canada lost 4-3 to the U.S. in extra time in the semifinals, despite getting all three goals from Christine Sinclair, Burnaby, B.C. Canada will now play France for the bronze on Thursday.

SOCCER

WOMEN

SEMIFINALS

Monday, Aug. 6
At Wembley, England
Japan 2, France 1
At Manchester, England
United States 4, **Canada 3**, extra time

BRONZE MEDAL MATCH

Thursday, Aug. 9
At Coventry, England
France vs. **Canada**, 8 a.m.

GOLD MEDAL MATCH

Thursday, Aug. 9
At Wembley, England
Japan vs. United States, 2:45 p.m.

UNITED STATES 4, CANADA 3

Canada	1	2	0	0—3
United States	0	3	0	1—4

First Half—1, Canada, C.Sinclair, 22.
Second Half—2, United States, M.Rapinoe, 54. 3, Canada, C.Sinclair, 67. 4, United States, M.Rapinoe, 70. 5, Canada, C.Sinclair, 73. 6, United States, A.Wambach, 80 (PK).
First Extra Time—None.
Second Extra Time—7, United States, A.Morgan, 120+3.
Yellow Cards—D.Scott, Canada, 60; M.Tancredi, Canada, 79.
Red Cards—None.
Referee—Christiana Pedersen, Norway. **Assistant Referees**—Hege Steinlund, Norway; Lada Rojc, Croatia. **Fourth Official**—Hong Eun Ah, South Korea.

BASKETBALL

MEN

Group A

Country	W	L	Pts
United States	5	0	10
France	4	1	9
Argentina	3	2	8
Lithuania	2	3	7
Nigeria	1	4	7
Tunisia	0	5	5

Group B

Country	W	L	Pts
Russia	4	1	9
Brazil	4	1	9
Australia	3	2	8
Spain	3	2	8
Britain	1	4	6
China	0	5	5

Monday, Aug. 6
Australia 82, Russia 80
Lithuania 76, Tunisia 63
France 79, Nigeria 73
Britain 90, China 58
Brazil 88, Spain 82
United States 126, Argentina 97

Doping

Italy's Schwazer won't get chance to defend title

Defending Olympic 50K race-walk champion Alex Schwazer was caught doping in Italy and will miss the London Games.

The Italian Olympic Committee, also known as CONI, said Monday that Schwazer tested positive for doping and has been removed from the team.

CONI president Gianni Petrucci said Schwazer had admitted to doping on what was a "bitter day" for Italian sports.

Earlier Monday, the team said an unidentified athlete had failed a doping test conducted for the World Anti-Doping Agency before arriving in London.

THE ASSOCIATED PRESS

Bolt unhappy with 'weird' security measures

Jamaica's Usain Bolt celebrates winning the men's 100-metre sprint on Sunday night in London. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

Apparently being the fastest man on Earth doesn't get you through security any quicker at the Olympics. There's no cutting the line for Usain Bolt.

And the Olympic champion is not happy about it. Especially when the security guards held him up ahead of his marquee 100-metre event.

"I was in the line, we were waiting to run and the guy was telling me to line up straight," Bolt said early Monday. "I was like, 'Really? We're about to run and they are going to make me stand in a straight lines?'"

The track star even had trouble bringing his skipping rope past security.

"They said I can't bring it in, and I asked, 'Why?'" Bolt recalled. "They just said, 'It is the rules.' So if I have a rubber band that I need to stretch, I can't take it in. And when I asked why, they say, 'It's just the rules.'

"It's just some weird small rules that don't make any sense to me, personally."

Quoted

"It's just some weird small rules that don't make any sense to me, personally."

Olympic gold medal-winner Usain Bolt on his trouble with Olympic Games security.

Security has been the only major problem area for Games organizers. Thousands of soldiers, sailors and air-force personnel had to be drafted to plug the gaps left by the failure by private security contractor G4S to supply all the guards it had promised. It is mainly G4S guards manning entry and exit points.

"Every venue is different. Wherever it happens to be in the world, there are different protocols in most places," London organizing committee chairman Sebastian Coe said. "That's the nature of it."

But there will be an investigation into Bolt's frustrations, which Coe initially tried to claim had been "lost in the translation."

"I will look at this," Coe said. "I am presuming the skipping rope was there as a warm-up aid, so I will, of course, look at that."

Coe pointed out the bureaucracy that baffled Bolt "didn't seem to slow him up too much."

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Don't just assume that what is good for others is going to be good for you too. The opposite is likely true. The first rule of life is to do no harm — especially to yourself.

♉ Taurus
April 21 - May 21
Your confidence will reach new heights over the next 24 hours and if you use it sensibly, anything is possible. Remember though that might does not make right. There will always be someone stronger than you.

♊ Gemini
May 22 - June 21
As Venus moves into the money area of your chart today, you won't be quite so worried about how much you spend. But that is not an excuse to splash out on things you don't need. Balance.

♋ Cancer
June 22 - July 23
With Venus, planet of attraction, moving into your birth sign you will get admiring glances wherever you go and whatever you do. You will find both love and excitement today — or, more likely, they will find you.

♌ Leo
July 24 - Aug. 23
The more critics and rivals tell you that some things are not possible, the more you will strive to prove them wrong. Go out of your way to show the world what you are capable of. It's far more than most people realize.

♍ Virgo
Aug. 24 - Sept. 23
You may be inclined to forgive someone who has let you down but unless you want this to become a regular occurrence, you must make it clear that your generosity of spirit stretches only so far.

♎ Libra
Sept. 24 - Oct. 23
Venus, your ruler and planet of attraction, crosses the career angle of your chart today, so most likely you will be praised by everyone. The world admires, and needs, your special talents.

♏ Scorpio
Oct. 24 - Nov. 22
If you can find the right balance between charm and assertiveness today, you can win over someone whose approval you have been seeking for a very long time. Travel plans are well starred too, so get out into the world.

♐ Sagittarius
Nov. 23 - Dec. 21
You need to be more open about what you think and feel because the more you show your vulnerable side, the more other people will open up to you in turn. Let them see you care — like they care.

♑ Capricorn
Dec. 22 - Jan. 20
Venus moving into your opposite sign makes this the ideal time to start something new on either the creative or romantic fronts — or both. Turn on the charm and persuade others to give you the chance you deserve.

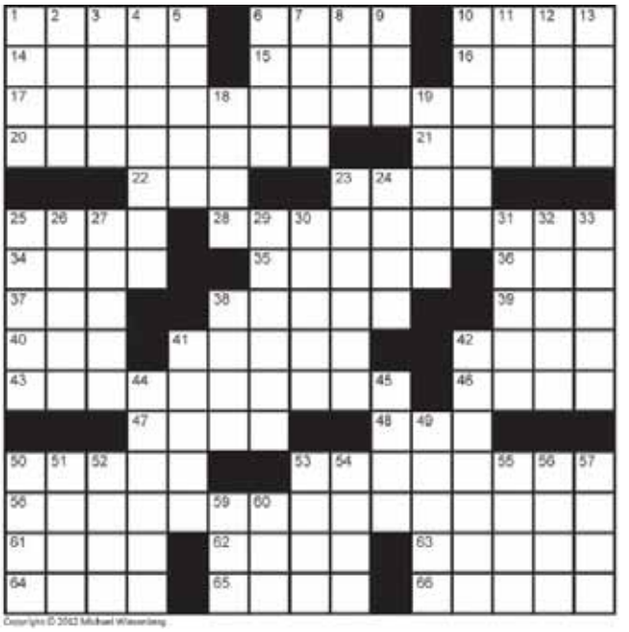
♒ Aquarius
Jan. 21 - Feb. 19
For too long you have been focusing on issues that are of no real importance, while neglecting those which should have been dealt with a long time ago. It's not too late to change things. Start now.

♓ Pisces
Feb. 20 - March 20
In all one-to-one situations, both in your personal life and at work, your powers of persuasion will get you out of almost any kind of trouble you may find yourself in.

SALLY BROMPTON

Crossword: Canadian Miscellany

BY MICHAEL WIESENBERG



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Across

1. Action words
6. Alta. neighbor
10. Lost seaworthiness
14. Abraham's son
15. Lhasa ___: small dog
16. Bassoon relative
17. Victoria's location (2 wds.)
20. Wrote (a book)
21. List items
22. Any of 43-Across: abbr.
23. "Mmm-hmm" (2 wds.)
25. ___ *La Douce*: 1963 Lemmon-Maclaine film
28. Calgary team
34. Anon
35. Show contempt for, as a contract (2 wds.)
36. Clean the kitchen floor
37. Solo of *Star Wars*
38. Continue without a break (2 wds.)
39. Oriental sash
40. Halloween mo.
41. Pursuits of good reporters
42. "I have ____ good authority" (2 wds.)
43. They form the Alberta-BC border (2 wds.)
46. Aerialist precautions
47. *For Your ___ Only*
48. Here: Fr.
50. Barracks boss, briefly
53. Ottawa team
58. Alberta, Saskatchewan, or BC (2 wds.)
61. Has ___ with: is connected (2 wds.)
62. Fast-moving sport jai ___
63. "___ Joe's": diner invitation (2 wds.)
64. Pop
65. Iditarod's Alaska terminus
66. Be careless with a bucket

Down

1. ___ *Las Vegas*: 1964 Elvis movie
2. Biblical Jacob's brother
3. Angry outburst
4. Winnipeg's Randy ___: cofounder of 1970s rock band familiarly called BTO
5. "Get out of here!"
6. Computer menu selection
7. Copied
8. Letters that once designated Soviet republics
9. Goldfish cousin in backyard ponds
10. Flew alone, perhaps for the first time
11. "I've got ___ feeling about this!" (2 wds.)
12. "That's a ___!" (taboo)
13. Sneakers brand
18. Banquet coffeepots
19. At quite an incline
23. "I hate to ___ on you, but ..." (ask a lot of)
24. Created a web or a tale
25. "____ the Sheriff" (2 wds.)
26. Disliked insect
27. ___ Carlo: Monaco's capital
29. Semis
30. "___ a stinker?": Bugs Bunny line (2 wds.)
31. Overact
32. Automaton
33. PR interpretations
38. 100-metre dash, e.g.
41. Hotel lobby
42. First letter
44. Saskatchewan's capital
45. Comb. form for China, as in ___-Soviet
49. Bat lairs
50. Aromatherapy spots
51. Florence's river
52. Weapon to combat 26-Down
53. Unwanted email
54. Great Lake
55. Having knowledge of
56. Some TVs
57. Actor Green of Austin Powers movies or Adam's third son
59. Bond creator Fleming
60. "Evil Woman" group, briefly

Friday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	1		5		6		4	
3	4	9				5	7	6
		3	4	2	8	9		
		7	3	5	1	6		
2	5	6				1	3	8
	7		1		3		2	

Friday's Sudoku

4	2	9	3	5	6	8	7	1
1	6	3	2	7	8	4	5	9
7	5	8	1	4	9	2	6	3
2	9	7	6	8	4	3	1	5
3	4	5	7	1	2	6	9	8
6	8	1	9	3	5	7	4	2
5	7	2	8	6	1	9	3	4
8	3	4	5	9	7	1	2	6
9	1	6	4	2	3	5	8	7

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Brentwood Mall
Crystal Mall
Lougheed Town Centre
Metrotown Centre

CHILLIWACK
Cottonwood Mall

DELTA
Scottsdale Mall

KELOWNA
Orchard Mall

LANGLEY
Willowbrook Shopping Mall

MAPLE RIDGE
Haney Place Mall

NEW WESTMINSTER
368 – 800 Carnarvon Street
Royal City Centre

PORT COQUITLAM
101A – 2748 Lougheed Highway
Coquitlam Centre

RICHMOND
4020 No 5 Road
Aberdeen Centre
Lansdowne Centre
Yaohan Centre

SURREY
12845 – 96th Avenue
9 – 3268 King George Blvd.
7488 King George Highway, Unit 505
7500 Scott Road, Unit 104
109 – 9385 – 120th Street
1 - 8388 – 128th Street
Central City Shopping Centre
Guildford Town Centre
Panorama Village Mall

VANCOUVER
2430 Commercial Drive
6338 Fraser Street
8269 Granville Street
215 Keefer Street
3189 Main Street
1209 Pacific Avenue
1211 Pacific Blvd.
481 Robson Street
6596 Victoria Drive
519 West Broadway
2959 West Broadway
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